



Growing Local, Growing Healthy: Our Journey in Agriculture

By Preston Sam & Collin Snowboy

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Introduction

- **Names & Roles:** Preston Sam & Collin Snowboy – Agriculture Research Assistants with CERRI
- **Community:** From Chisasibi, Cree Nation of Eeyou Istchee (Northern Quebec)
- **Focus:** Exploring agriculture as a solution to northern food insecurity
- **Challenge:** Limited access to fresh, affordable, and nutritious food in our region
- **Our Work:** Building local food production through a dome greenhouse and new growing methods
- **Our Goal:** Healthier people, stronger community, and food sovereignty

Background

- Limited access to fresh, affordable food in the North
- Heavy reliance on costly, imported groceries
- Need to strengthen food sovereignty and self-reliance
- Growing food locally, even in harsh climates (1B zone)
- Building resilience, wellness, and community strength



Challenges & Opportunities

Challenges

- Harsh northern climate (1B zone)
- High produce costs
- Limited local farming knowledge

Opportunities

- Dome greenhouse as teaching hub
- Testing new growing methods
- Youth + Elder engagement
- Reducing waste, lowering costs



Success Stories & Impacts

- Built Chisasibi's dome greenhouse (2023)
- Grew diverse crops: kale, lettuce, basil, tomatoes, peas, cucumbers, carrots
- Shared produce at community events
- Involved students, youth, and interns in hands-on learning
- Created a healing and educational space
- Produced short film Growing Together



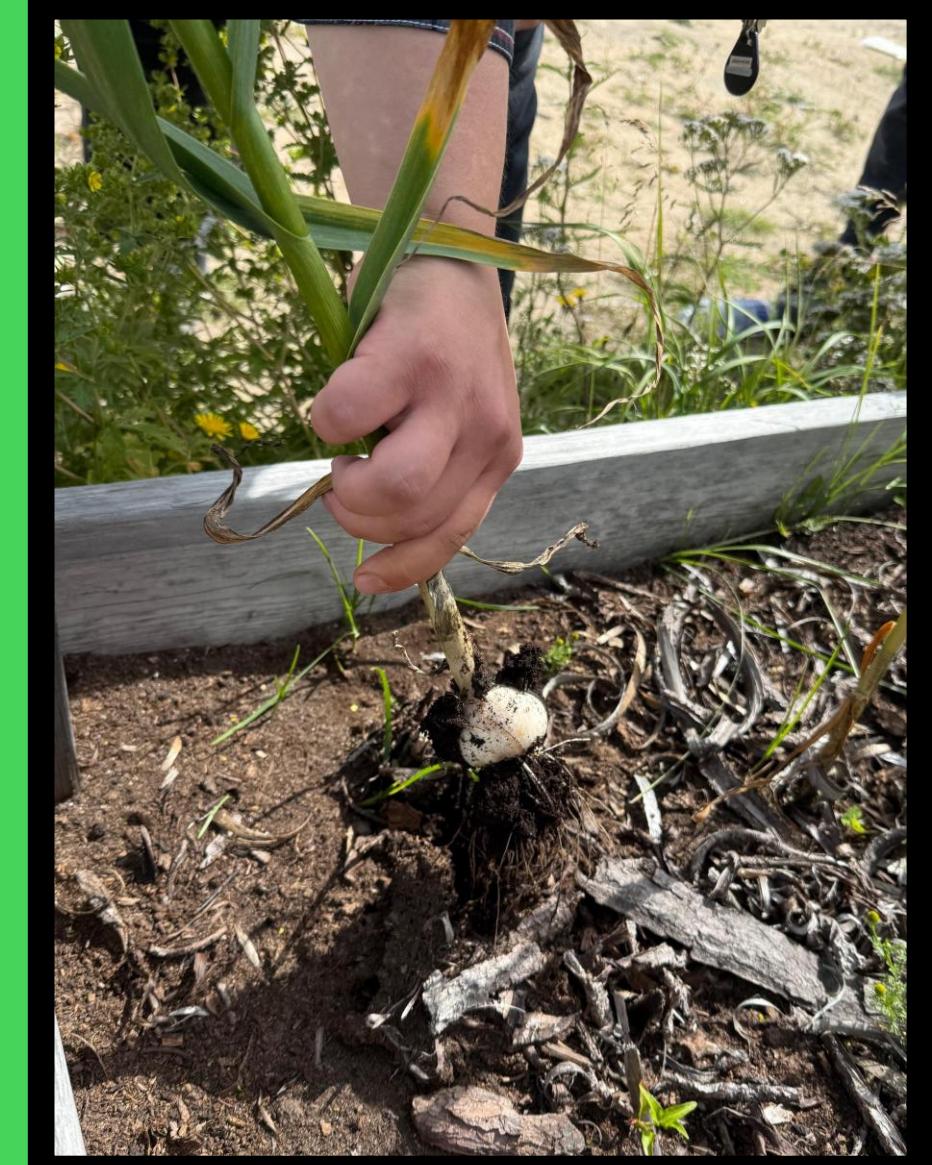
Future Directions

- Expand crops & production in greenhouse
- Build container farm for year-round access
- Train more youth and local growers
- Partner with schools, health centers, Elders
- Blend modern methods with Eeyou/James Bay knowledge
- Advance food sovereignty: Healthy Land. Healthy Food. Healthy People.



Reflection

- Local food production is possible in Chisasibi, even in a harsh climate
- Agriculture improves access to fresh, affordable, and healthy food
- Youth and Elders are central to sharing knowledge and building skills
- Every harvest strengthens food sovereignty and community resilience
- Our vision: Healthy Land. Healthy Food. Healthy People.





Thank You

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